



3. What is the principal risk factor for Type II diabetes?
- a. Obesity
  - b. A virus
  - c. A lack of vitamins
  - d. A sudden shock or stressful event (un susto)
  - e. Don't know
4. Which of the following statements best describes Type 2 diabetes?
- a. It can be cured
  - b. It is an infectious disease
  - c. It is a disease of the immune system
  - d. It is a chronic disease
  - e. Don't Know
5. What is the recommended fasting blood glucose level for someone with diabetes?
- a. 50 - 80
  - b. 40 - 70
  - c. 130 - 150
  - d. 90 - 130
  - e. Don't Know
6. Which of the following is a common complication of diabetes?
- a. Arthritis
  - b. Hearing loss
  - c. Migraine headaches
  - d. Kidney disease
  - e. Don't Know
7. Atherosclerosis, a narrowing of the arteries, is caused by which of the following?
- a. Too much sugar in the diet
  - b. Too much fat in the blood stream
  - c. Too much aspirin in the blood stream
  - d. Too much exercise
  - e. Don't Know

8. What is the recommended hemoglobin A1c range for a person with diabetes to prevent complications?
- a. < 4%
  - b. < 7%
  - c. < 10%
  - d. < 12%
  - e. Don't Know
9. Hemoglobin A1c reflects the average blood glucose level over what period of time?
- a. 24 hours
  - b. 2 hours
  - c. 3 months
  - d. 8 weeks
  - e. Don't Know
10. What is the recommended blood pressure for a person with diabetes type II?
- a. 130/80
  - b. 150/60
  - c. 100/110
  - d. 90/70
  - e. Don't Know
11. Diabetes is the leading cause of what condition in the United States?
- a. Alzheimers Disease
  - b. Arthritis
  - c. Adult onset Blindness
  - d. Cancer
  - e. Don't Know
12. What do carbohydrates become in the body?
- a. Glucose
  - b. Bones
  - c. Acid
  - d. Muscles
  - e. Don't Know

13. What is the recommended amount of physical activity for someone with diabetes?
- a. 30 minutes two times a week
  - b. 15 minutes every day
  - c. 150 minutes once a week
  - d. 30 minutes five times a week
  - e. Don't Know
14. What is the best action to take if a person is experiencing hypoglycemia?
- a. Inject insulin
  - b. Avoid eating for 30 minutes
  - c. Drink a glass of fruit juice or regular soda
  - d. Take a diabetes pill
  - e. Don't Know
15. What is the **best** eating plan for a person with diabetes?
- a. Eat two large meals a day
  - b. Eat many small meals spaced throughout the day
  - c. Avoid sugar
  - d. Eat a low protein diet
  - e. Don't Know
16. How many daily servings of fruit and vegetables are recommended for a healthy diet?
- a. Three
  - b. Four
  - c. Five
  - d. Six
  - e. Don't Know
17. What short-term effect does drinking unsweetened fruit juice have?
- a. Lower blood glucose levels
  - b. Lower cholesterol levels
  - c. Raise blood pressure
  - d. Raise blood glucose levels
  - e. Don't Know

18. Injecting too much insulin can have what effect?

- a. High blood pressure
- b. Hyperglycemia
- c. Hypoglycemia
- d. Anemia
- e. Don't Know

19. What annual vaccination is recommended for persons with diabetes?

- a. Measles
- b. Hepatitis A
- c. Polio
- d. Flu
- e. Don't Know

20. How often should people with diabetes check their feet for sores, changes or signs of infection?

- a. Once a week
- b. Every day
- c. Every three months
- d. Twice a month
- e. Don't Know

21. Diabetes pills are recommended for which group of people?

- a. People who have some insulin of their own
- b. Persons with Type I diabetes
- c. People with no insulin of their own
- d. Pregnant women
- e. Don't Know

22. Which of the following is a common side effect of diabetes?

- a. Arthritis
- b. Blood loss
- c. Depression
- d. Insanity
- e. Don't Know

23. How often should a person with diabetes have their eyes checked by an eye doctor?

- a. Every three months
- b. Once a year
- c. Twice a year
- d. Every two years
- e. Don't Know

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| <b>Relationship to CSDCAC Coalition:</b> <input type="checkbox"/> Representative Partner Staff <input type="checkbox"/> Community Resident<br><input type="checkbox"/> None   |  |
| Ethnicity/Race: <input type="checkbox"/> African-American <input type="checkbox"/> Hispanic/Latino <input type="checkbox"/> Asian <input type="checkbox"/> Non-Hispanic White <input type="checkbox"/> Other          |  |
| Age: <input type="checkbox"/> 18 and under <input type="checkbox"/> 18-44 <input type="checkbox"/> 45-64 <input type="checkbox"/> 65 and above  | Sex: <input type="checkbox"/> Female <input type="checkbox"/> Male |
| Diabetes Status ( <b>Confidential &amp; Optional</b> ): <input type="checkbox"/> Have diabetes <input type="checkbox"/> Family member with diabetes<br><input type="checkbox"/> At risk <input type="checkbox"/> None |  |